

# Evergreen Herb Formulas Help with Menopause Conditions



**Menopause Conditions**

Menopause conditions associated with Poor Sleep. See Chart of Poor Sleep for details.

Menopause conditions with sever hot feeling and sweaty night (for a quick solution).



Notes: Hot feeling/sweaty night is a stubborn, up and down condition, often mixed with other conditions from past history, and needs to be worked on alternatively and repeatedly. It is a common strategy to alternate between **Meno-ease** and other related formulas listed above.